

Everyone has Culture

Presented by Dr Roy Laube

Transcultural Mental Health Centre

Monday 5 June 2017
1/185 Piercy Place MPHN
Conference room

10:30—12:00pm NGO /
CMO frontline staff
introduction to working
with the CALD Community

2:00pm—5:00pm
Clinicians working with
the CALD Community.
Skills based workshop
with limited positions
available

6:30—8:30pm GP Session
to be held in the evening
CPD points available

To register contact
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026923 3147
Registrations close 1 June



Program description

People from a diverse heritage bring with them a wide range of beliefs about health and treatment that guide their health behaviours including recognising signs of illness, help-seeking styles, and how they participate in treatment. These beliefs may extend beyond the immigrants to their second and even third generation.

This is especially true regarding mental health and treatment for mental illness. Clinicians and service providers from different backgrounds may not understand the way in which symptoms are expressed, and Culturally and Linguistically Diverse (CALD) consumers may not understand how the mental health system works. These incongruities often lead to miscommunication, impaired consumer confidence, and squandered resources.

The workshop is a skills-focussed program to assist clinicians to develop ethical and effective practice in a multicultural society.

- The relevance of culture to mental health
- The evolving demographic diversity of southern NSW
- The general and mental health of immigrants to Australia
- Cultural expressions of help-seeking and participation in treatment
- Benefits of cross-culturally skilled practice for clinicians
- Exercises to enhance clinical skills with diverse communities
- Practical approaches to cross-cultural practice
- Transcultural Assessment Checklist